

#PositivelyFairfax

April 29th - May 3rd

Willow Springs Elementary is proud to take part in #PositivelyFairfax week with all the elementary, middle and high schools in the Fairfax Pyramid. The purpose is to promote positivity and wellness throughout the Fairfax Pyramid across all grade levels.

<p>Monday</p>  <p>April 29th</p>	<p><u>Mindful Monday</u></p> <p>Be mindful of actions and focus on having a peaceful day.</p> <p>**Wear comfy clothes/PJs</p>
<p>Tuesday</p>  <p>April 30th</p>	<p><u>Think Positive Tuesday</u></p> <p>Today is all about changing negative thoughts to positive ones.</p>
<p>Wednesday</p>  <p>May 1st</p>	<p><u>Wellness Wednesday</u></p> <p>Make healthy choices- eat well, exercise, and get moving!</p> <p>**Wear workout clothes</p>
<p>Thursday</p>  <p>May 2nd</p>	<p><u>Thoughtful Thursday</u></p> <p>Stop and think of others' feelings. Practice showing empathy and kindness towards others.</p>
<p>Friday</p>  <p>May 3rd</p>	<p><u>Feel Good Friday</u></p> <p>Engage in self-care; do something relaxing and stress-free.</p> <p>**Wear your favorite outfit or what makes you feel good</p>

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